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The IOWA HOMEMAKER

On a Milan Church Wall

By Edna Rhoades A. A.

Dame Fashion to the Front

By Helen Penrose

Please Ma—Lemme Have a Dog

By Prudence Tomlinson

If Today Is Wash Day

By Thelma Carlson

APRIL, 1931

VOL. XI - - NO. 1

THE MIXING BOWL

News From Here and There . . .

To Make "Helping Mother" Fun

Children who find home tasks unpleasant drudgery may change their attitudes entirely, if a system of score cards are worked out. One mother found that if the various duties were written on slips and the children drew for them, home work became a delightful game.

A rating sheet on which the completed tasks were rated and graded turned an unpleasant situation into a good one, for another mother.

Children respond readily to devices of this kind, and with a little time and thought on the part of the mothers home-work no longer need be something which the child looks forward to with dread.

It's a Hint for the Penny-Wise

When cakes of soap become too small to use easily, they may be placed in a glass and covered with water. The toilet soap solutions can be used for shampooing the hair or laundering the finer silk undergarments and hose, and the laundry soap solutions for heavier laundry work or housecleaning.

Anemia Is a Foe to Iowa Folk

A recent survey of the prevalence of nutritional anemia revealed the fact that this disease occurs ten percent more frequently in Iowa than in any other section of the country.

Since nutritional anemia is caused by the lack of iron in the diet, it means that the people of Iowa are not eating enough iron-containing foods. This may be due to one of two reasons; either that the iron-containing foods are not available the year around, or that the people are selecting foods that are poor in this necessary nutritive factor.

The question arises, what foods contain this food constituent? The most important sources of iron are the leafy green vegetables, i. e., spinach, green cabbage and other varieties of greens. The tubers also contain considerable iron, but not in as large quantities as the leafy vegetables. Meats, especially liver, also contain iron. In fact, liver has been found to be our richest source. Egg yolks may be added to this list.

In view of the fact that it is difficult to have gardens the year around, these vegetables may be canned or preserved

by refrigeration in such a way as to conserve this mineral.

With the inclusion of these simple foods in the diet, this nutritional condition should be improved, and fewer people be afflicted with the disease.

The Anxious Farmer

It was awful long ago that I put these seeds around.

And I guess I ought to know when I stuck 'em in the ground, 'Cause I noted down the day in a little diary book—

It's got losted somewhere and I don't know where to look.

But I'm certain anyhow they've been planted most a week,

And it must be time by now for their little sprouts to peep.

They've been watered every day with a very speshul care,

And once or twice I dug them up to see if they was there.

I've fixed the dirt in humps, just the way they said I should,

And I crumbled all the lumps just as finely as I could.

And I found an angle worm a peking to his head—

He maybe feeds on seeds and such and so I squashed him dead.

A seed's so very small and the dirt all looks the same.

How can they know at all the why they ought to him?

And so I'm waiting round in case of any need.

A farmer ought to do his best for every single seed.

Burgess Johnson

What's Your Metabolism Rate?

You who are interested in cross-word puzzles may come upon a ten letter word beginning with "m" and may be glad to have in your working vocabulary the technical term of "metabolism." More and more, as a knowledge of nutrition becomes of greater importance to the average individual, will he need to be familiar with the significance of this word.

The body is often referred to, physiologically, as a stove, wherein the living cells burn up food and liberate heat, using oxygen for ignition and giving off

carbon dioxide and waste products in comparison to the ashes of the stove. This process is known as metabolism or the building up and breaking down of body tissues.

This series of reactions is ever present, even in the resting individual, when it is known as basal metabolism. Here there is no voluntary muscular exercise, but certain body processes, such as heart-beat, respiration and the maintenance of muscle tone and body temperature, must be kept going.

The unit for measuring metabolism is the calorie we hear so much about. For the average person the basal metabolism amounts to about 1,500 to 1,700 calories per day. Whether he will need a total per day of 2,000 to 4,000 calories depends for the most part on his individual expenditure of energy.

How to Recrisp Your Nuts

Nuts which have become stale and lost their crispness will regain their original state if they are heated in melted butter in an oven. They may be used in frostings and candies and are delicious.

You Might Percolate Your Eggs

Even a girl who lives in a tiny one room apartment, entirely without a kitchen, and with only a grill and percolator to work with, can cook if she wants to. Why not remove the percolating apparatus from the percolator and boil eggs to be creamed or used in any variety of ways? With her grill she can make such delicious things as hot toasted steak sandwiches, corned beef hash and toasted sponge cake, and entertain as graciously as she could in a 20 room mansion.

Tin Can Cooks Need Not Worry

Another food fallacy has been exploded. Doctors and food experts now agree that it is no more dangerous to eat food which has been allowed to stand in the can after it is open than it is to eat food which has been left on a china dish.

If the food is good before the can is opened, it will be all right after standing, they say—if it is covered and kept in a refrigerator. The tin can is not dangerous.

New Invention Saves Your Fears

A new invention has come on the market that will keep mother from tearing her hair while the children are out raking the lawn. It is a rake with rubber teeth.

The teeth do not tear or uproot the grass, but they do sweep clean. And if little Johnny falls on it, there is no danger of having his eye put out.

THE IOWA HOMEMAKER

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On a Church Wall in Milan . . .

By Edna Rhoades A. A.

The Last Supper

At Easter time, when our thoughts are occupied with sacred matters, we become more interested than ever in the beautiful pictures of the early masters which deal with the life of Christ. One of the most famous of these is Leonardo da Vinci's "The Last Supper." Miss Rhoades has made a comprehensive study of the picture and interprets it for us in the following article.—THE EDITOR.

ALL of us have experienced the feeling of fellowship, as friends gathered around a table at a simple meal. The bond of fellowship was stronger if the friends were together for the last time before a long separation.

We can imagine something of the feeling of the apostles at the Last Supper, as their hands touched one table in common in the presence of their Divine Leader. They were drawn closer to each other in the inspiration of that Presence—an all-pervading Love. Christ had tried to tell them how it was needful that He go away, but they could not understand His language, nor see even vaguely what was now clear to Him. Whatever the following days might bring, for that one eternal moment, life was complete for them and they were content. The Christ, in a voice revealing marvelous control, sent these words home to their sensitive souls, "One of you shall betray me."

It is at this point that the artist, Leonardo da Vinci, gives us the picture known as 'The Last Supper.' Other artists have tried to portray this subject, but Leonardo da Vinci's painting seems the most perfect expression of the powerful significance of this dramatic moment.

Christ has spoken. His arms are open, His hands relaxed on the table. The right palm is down as if to hold nothing for Himself; the left palm, the one nearest His heart, is held out, as if to give all in perfect trust, to God and man. His

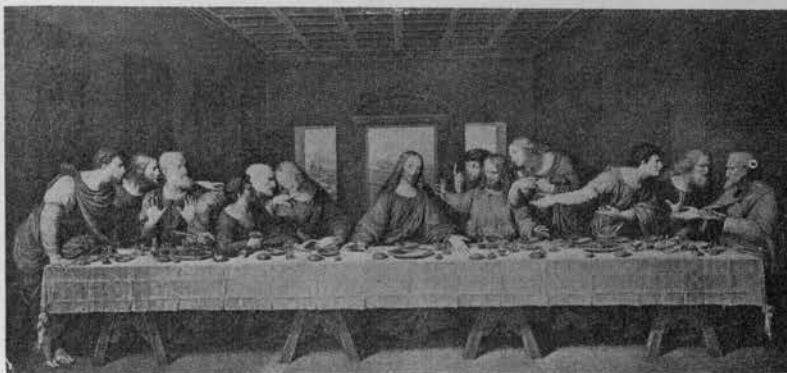
hands are ready to receive the print of the nail, the mark of betrayal. He is majestic in His resignation. The perfect perspective carrying all the lines to the light back of Him are only a symbol of the "new and true perspective" in which He sees all Life.

In this moment, what has happened to the peace and contentment of the others? Suddenly their oneness of spirit gives way to concern for self, "Is it I?" Indignation, painful uncertainty, grief, sadness, anger and horror break up the group and bring it instantly together again in threes, huddled together in their common concern for their Leader.

Surely the artist must have understood

the portrayal of Jesus. Has the thought of betrayal already come into Judas' heart, or is that moment yet at hand? (Compare Matthew 26:24-25; Mark 14:20-21; Luke 14:21-22, with John 13:26-27). Perhaps Judas still loves his Master, whose heart, even now, goes out to him. If we understand the Christ-heart, we may believe that Christ's grief is more for the ingratitude of man as exemplified in Judas, than it is in sorrow for Himself. (Matthew 26:24.)

The grouping of three forms the basis for the entire arrangement of figures, whose postures tell so much. Christ is the central figure in their thought, as He is in the picture.



It's a Shrine the World Worships

the human heart, and the expression befitting each of its reactions. Let us study the group at Christ's right. Here is the Beloved Disciple, John, so crushed by the thought that he rests against the angered Peter and the shrinking Judas. The artist's conception is not that which we get in John 13:23-25, but here he may be using a spiritual interpretation. In his heart, John is ever in the bosom of Christ. This may be felt more strongly, as his body falls away from the majes-

The original of this painting is on the wall of the monastery, S. Marie delle Grazie, in Milan, in northern Italy. It is in a state of ruin, due to four main causes. At one time the room was flooded with water. Later, soldiers using the room as a stable cut a high doorway in the lower center. Defective construction of the wall itself is one cause. The artist's tendency to experiment, however, is largely responsible for the ruin, because

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Exit Tonic—Enter Fruit . . .

By Vivian Ritchie

JUST around the corner Lady Spring is waiting expectantly until the time comes for her to shower the winter-ridden earth with her many blessings. In past years "little Johnny" would be taken by the nose and the time honored spring tonic, sulfur and molasses, would be administered to him "just to tone up his system." The beauties of spring always became somewhat dulled to Johnny about this time. However, since more knowledge is being accumulated concerning the qualities and possibilities in foods we now can take our "tonics" in the shape of luscious ripe fruits and crisp, crunchy salads, and nothing can lessen our appreciation of the gaieties of spring time.

Even now, the steaming dishes that were so appetizing on the cold winter nights seem to have lost their fascination, and our attention turns to the sections of our cook book that is devoted to greens and salads, and to the grocery advertisements that deal with early fresh vegetable prices. Many of those vegetables have been available throughout the winter months, both canned and fresh, but somehow it is not until the "smell of spring" is in the air, and our garden planting fever is beginning, that we really take a serious, almost feverish interest in their utilization.

ABOUT the first food that we find in our gardens in the spring is an appetizer, the common horseradish. One of the methods used in the serving of horseradish is in sandwiches. To make the filling, take two large tablespoons of horseradish, which had been drained well before it was measured; mix well with $\frac{3}{4}$ cup of sweet mayonnaise and 1 cup of stiffly whipped cream. This mixture is then spread thinly on buttered bread slices, which are cut into finger strips. This recipe will make two dozen sandwiches and if it is kept in a cool place will not deteriorate for several days.

Next in order from our gardens we get parsnips. They, too, have been on the market during much of the winter, but somehow, that which we get from our own garden seems more of a treat, and we immediately begin our search for a new way to serve them. One of the older methods which still holds favor is to boil the vegetable in salted water until tender, then fry in butter and season with salt and pepper, or mash like potatoes and serve with butter. Or, one may make them into patties with the addition of butter, egg and seasoning, and fry in fat. They are often creamed, also, or

served in combination with peas or carrots. In any case the parsnip presents an invigorating spring vegetable dish.

Shortly after the parsnips we find numerous vegetables and fruits coming into evidence, rhubarb, peas, carrots, onions, radishes, beets, cauliflower, corn, beans, cabbage, mushrooms, peppers, spinach, tomatoes and on and on, that present a colorful and healthful parade across our diets and serve to tone us up in a thoroughly enjoyable manner.

If your old fruit and vegetable salads no longer stir the imagination, you might "tone" up the salad dressings for a pleasant change. To do so one has only to take some of the commercial mayonnaise and add to it an extra squeeze of lemon juice or flavored vinegar or stir in some chopped capers or peppers or some ginger syrup. If it is for a fruit salad, one might add some of the fruit juice to the dressing, or bits of the crushed fruit itself. A fluffy dressing may

be obtained by beating in a little marshmallow creme, and adding a spoon or two of whipped cream.

Salads, cocktails and appetizers—pleasantly blended colors and flavors of delicious and healthful fruits and vegetables are certainly a more pleasant source of spring tonic than those our grandmothers had to offer.

SPEAKING of tomatoes, although we are not able to get them from our own gardens very early, they can be bought at the market, either fresh or in cans. This modest fruit has lately come into favor with the modern hostess in the guise of a cocktail, which is delicious and simply made.

TOMATO JUICE COCKTAIL

- 1 c. tomato juice
- 1 tbsp. mild vinegar
- 2 tsp. sugar
- Tiny bit bay leaf
- 1 bruised celery stalk
- 1 slice onion, making 1 tsp. when grated or minced
- 1 tbsp. lemon juice

Mix ingredients, let stand 15 minutes and strain through cheese cloth. Chill and serve in small glasses.

Lorado Taft Speaks . . .

"SURROUND a child's life with beauty if you would have him appreciate the fine arts."

That is the creed advanced by Lorado Taft, world-famous American sculptor. Let the child study the beauties of nature, says Mr. Taft; point them out to him if need be. "The world can never be a dull place for one brought up to notice beauty and appreciate it, for there are new beauties to discover every day."

Mr. Taft, know as well for his advocacy of beauty in living as for his Fountain of Time on the Chicago Midway and his other magnificent sculptures, recently told an Iowa State audience of his "dream museum"—a museum to consist of properly lighted and placed plaster casts of masterpieces of sculpture from Phidias to St. Gaudens. Just after his lecture, he explained his theory of bringing beauty to the child.

"I have seldom had children under my direction, except now and then when they come to the studio," continued Mr. Taft, "but it seems to me that the time for children to begin their actual instruction in the fine arts would be when they first showed a desire to create. For instance, children seem to have an innate desire to model in mud."

A person who has gone through life blindly, missing the beauties about him, still has a chance to cultivate a sensitiveness to this loveliness if he actually desires to do so, Mr. Taft said.

"I find, however," he said, "that there are very few people who do not feel and see beauty, even though reticent about expressing it."

Mr. Taft stressed again the point which he had brought out so strongly in his lecture—that his fondest wish is that every college and city might have a museum containing correctly illuminated copies of works of sculpture. "This," he said, "would be the finest way to study and gain an appreciation of the work of the masters."

"An incalculable inheritance of treasures of literature and arts has come down to us from the past," said Mr. Taft, "but we Americans are oblivious to this wealth. I would beg for a greater recognition of these treasures in our school life. Needless to say, I do not mean the perfunctory dissections which have made so many school children hate the greatest poems in our language, but a sympathetic approach to all of the arts."

Mr. Taft told of an article in which
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Love Sends a Gift of Eggs . . .

And the Moravian Lads Like It

AN Easter egg as a love token would seem a strange thing in America. But it is just an old, old custom in Moravia, where girls of the mountain villages labor for days to outdo one another in the decorating of hens' eggs for their beloveds.

Charmingly idealistic in their outlook on life and yet constantly restrained by their rustic mores, the young mountain woman finds Easter the one time of the year when she may offer her love to that lad with whom she has exchanged coquettish glances on Sunday mornings at church, and with whom she has danced in the evenings at the village festivals.

And so, guided by no design or pattern, but seeming to draw inspiration from their blossoming affections, girls sit themselves down to perform miracles on eggs. Their method is practically identical with that which is used upon textiles, and is called batik. Pure white eggs are selected, wax is heated over a candle, baths of yellow, red and black vegetable dyes are prepared and a hollow needle is secured. The operator first dips the needle in the melted wax and outlines the desired pattern over the whole surface of the egg. When this has hardened, the egg is submerged in the bright yellow bath, which dyes all the surface except that part under the wax. This section is left white. Continuing in this way, and evolving the most intricate patterns with remarkable appreciation of color and design, the young women add more wax to the pattern, this time covering the section they wish to have remain yellow. After a dipping in the red dye and a third application of wax to retain the red pattern, the egg is dyed black. The wax is finally removed by heat

and the Easter egg is completed. Other colors such as green, blue or purple, are frequently added with a brush and immediately covered with wax just before the first dipping in yellow dye.

Of the thousands of remarkable eggs which are decorated by Moravian girls each year, no two are alike, for each is an expression of the maker. The imagination and interest lavished on them seems inexhaustible.

BUT even the gift of a charmingly designed Easter egg is not enough to show the state of one's heart, decide the mountain belles. Perhaps patterning their custom after that of the middle ages, when knights were bold and wore ladies' tokens in battle, these girls embroider exquisite kerchiefs for their admiring swains. These kerchiefs are actually held as dear as were the favors bestowed in olden times.

Easter time in Czechoslovakia is indeed a joyous holiday. Thoughts of the resurrection of nature blend with reverent thanksgiving for the resurrection of Christ. Great preparations are made by the villagers. The quaint little houses are painted inside and out with coat upon coat of snowy whitewash. Above the windows and doors the girls and housewives paint beautiful ornaments in bright and varied colors. All the linens are washed

and dried in the sunshine until they are snow white, and are then starched and ironed meticulously. Nature and man preen themselves and step forth for the Easter gaieties.

Is Protein Your Enemy?

Idiosyncracies to food is a baffling problem which has never been successfully solved.

Why such common foods as milk, eggs, celery and honey should make some people violently ill, is a subject of much controversy, and has resulted in many theories. One of the most popular is the belief that the protein of the food causing the illness has at some time been absorbed through the intestinal wall while yet undigested. This causes the formation of antigens in the blood. The person is then sensitized to this food. The next time the food is eaten the antigens are formed to attack the protein. The result is the violent reactions of asthma, abdominal pains, vomiting or skin eruptions that people with allergy suffer.

THERE is no certain cure for this strange affliction. The first thing to do is to discover, if possible, the particular food causing the allergy and avoid it at all times. Persons who have allergies to eggs, milk or some other extremely common food may resort to desensitization. This is accomplished by feeding at first very small, then gradually increasing amounts of the food, until it no longer causes illness. This is a long, unpleasant procedure that is more or less dangerous. Under no circumstances should it be attempted without the supervision of a physician.



If Today Is Wash Day . . .

By Thelma Carlson

"KEEPING up with the Joneses," was as necessary in primitive times as it is today, but it was even better in those days to keep a little ahead, especially on Monday morning, when everybody rushed down to the river to get the best place for her washing.

Wash day for our ancestors was quite a different thing from that which it is for us, yet the principle was the same. Clothes have always and probably will always be cleaned by forcing water through them.

The very simplest method used by our primitive fathers was that of dipping the clothes into the water and then rubbing or squeezing them through the hands. Later they began to beat the clothes on the surface of the water, or to lay them on a flat rock or block of wood and pound them with stones, clubs or flat wooden sticks. This last method was known as the paddle-washing method. Though slow and hard on the clothes, it was still an improvement over the old method, and actually did quite a good job cleansing the clothes by forcing the water through the cloth by strength of the blow.

A variation of this method followed. Now the people dipped their clothes in water and beat them against a smooth stone or log. This was a little easier on the clothes, provided the operator used good judgment in striking the blow.

THEN people began to learn that those fortunate enough to find a hole or depression in a stone bed near the creek could put their clothes in this hole or basin and put water over them. By stamping on them or pounding them with the blunt end of a club, the clothes soon became clean, the water being again forced through by the blow and carrying the dirt away.

One day by a mere accident it was discovered that by adding crude lye and animal fat, less stamping and effort was required to get the clothes clean. Upon this discovery they found that it was really necessary to have a container in order to save their soap. Such contrivances as hollowed out log ends and hollowed out stones came into use. This made it possible to wash wherever water was available and was a very important step.

From the method of dipping the cloth into water and squeezing or rubbing it clean grew the idea of the wash board. At first the wash boards had little grooves cut across them, forming ridges. Later, cleats were fastened across the board and finally metal ones of zinc or tin were made. By rubbing the clothes across these ridges a friction was set up which loosened the dirt.

Somewhere in the progress of these discoveries it was found that if the water were heated, dirt would dissolve more easily and more quickly. Before the time of basins which should be put over a fire, primitive man learned to drop hot stones into the water he was going to use.

Though men in all their discoveries were concerned only with the fact that they got the clothes clean, they had used all the fundamentals that have made the washing machine possible.

With these principles discovered and used since primitive times, we have made and improved the washing machine until we have the convenient electrical washing machine as we know it today. While there are many different kinds of machines on the market, most of them fall into four groups or at least a combination of them. These types are the dolly, the cylinder, the oscillating machine and the vacuum cup.

The dolly machine has a dolly or milk stool which travels first in one direction and then turns and travels in the other. The projections of the dolly extend down into the clothes and carry them around with them, thus forcing the water through the clothes. The number of turns made before reversing varies in the different machines.

The machine which throws the water and clothes from one side to the other as it rocks back and forth, or reverses in direction, is known as the oscillating type.

THE vacuum cup type machine is equipped with two or three inverted cups that move up and down in the water and clothes, churning and sucking the dirt loose.

The cylinder type machine consists of a perforated cylinder which revolves in a tub partially filled with soapy water. The clothes rest on projections on the cylinder as they are carried out of the water to the top, and then dropped back into the water. To prevent tangling, the cylinder revolves first in one direction and then in the other, the number of revolutions before reversing varying in the different machines.

Dame Fashion to the Front . . .

By Helen Penrose

THE lure of spring is in the air. A young man's fancy may turn to love, but a woman's turns to—clothes.

We find most all material in a variety of colors this spring. However, there are a favored few which are seen often in the new costumes. Orangy reds, all blues, opaline green, yellow and browns are featured by French designers. Of course, the black and white combinations are as popular as ever.

Materials in solid colors are used for many of the costumes, but prints with huge floral designs, plaids, Roman stripes and lace designs hold their place in Dame Fashion's revues. Combinations of plain and printed silk are important, too. The printed silk appears in the blouse, scarf and lining accessories, with the solid color forming the basically plain costume. The "twin" idea in prints is here again so that each color takes its turn as the background, while the pattern in each case is composed of the other.

Chiffons and sheer cotton goods, in both plain and floral prints, are used for afternoon and formal gowns. Eyelet embroidery in lawn and batiste have placed these materials in line for more formal occasions.

Woolens are usually considered an

early spring fabric, but this year they will be used in lightweight, sheer materials for frocks. The rough, spongy weaves found in eponges, tweeds and crepes are made into charming suits and frocks for sport and street wear.

Sport frocks are jaunty with packets and intricate lines of cutting for pleats and odd seams. At present, the length of the skirt for sports is remaining about the same, since golf and tennis take up the leisure time of most girls.

AFTERNOON gowns are long in length, with ruffles and lingerie touches to continue the feminine mode. The up-in-back movements are discerned in peplums, flounces or tiers. According to the style experts, the peplums may be pleated or have flaring lines.

Although there have been jackets, there are jackets and more jackets, one to match every dress, in the shops. For evening wear, contrasting ones are featured and many of these have flared tiers.

Pajamas are a new note, and this year will be worn not only for the beach, but for morning wear and for formal occasions, by those desiring the extreme costume.

Decorative angles in collars, tucked sleeves and detail side seamings distinguish spring coats. The lines are slim

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Make Ready to Enjoy Golden Summer Hours . . .

By Betty Martin

WRITING spring poems, housecleaning, spading up the garden, going a-courting, buying a new necktie or hat—they're all manifestations of the same basic urge to start something fresh at this time of year.

The little breeze that feels and smells as though it came from a bed of violets peeping through snow and makes winter coats seem so heavy and dull, says that Spring is just around the corner and inspires us according to our lights.

The same impulse that creates the immediate necessity of acquiring a gay new hat, very frequently causes a woman to feel suddenly aware that her home is drab and colorless and that many things must be done to it at once.

Her critical eye takes in the cracked, streaked and faded paint, the heavy dark draperies in the windows, and the big porch, so bare and awkward across the front of the house. The drab mat, which for months has been the lawn, is broken only by soggy masses of dead leaves in the paths unused in winter, the erstwhile bare twigs of bush and tree and scraggly flower stalks and vines left in the garden.

In her mind's eye, she sees the transforming effect of a coat of paint, and the color question presents itself. While the architectural features of the house will have a very definite influence on the choice of color, and certain general rules and current tendencies should be taken into consideration, this is still very much of a personal matter. A small, informal house can be done in much gayer colors than can a large, dignified and impressive structure.

IF one has a decided leaning toward a certain color, there is no reason for not using it, in the right combination and proper amount. Thanks to the number of excellent charts to be had nowadays, the novice in home decorating can readily determine just what other color would combine well with the favorite one. Even though one may have an excellent "color sense," such charts and scales save a great deal of time and effort. They may be obtained upon request from well-known magazines on homes and gardens.

Do the over-worked rooms of your house seem to slump when the gaiety of winter parties comes to an end? One woman I know suddenly saw the wide front

porch of her home in early spring, cleared of sleds, skis and skates and the storm door removed, revealed as useless, ungainly and hopelessly out-of-date.

Hasty consultation with family and carpenter followed, and up went screen enclosures (these were exchanged for glass the following fall), with a graceful, small entrance at one side. The partition was removed between living room and porch and wide French doors were substituted.

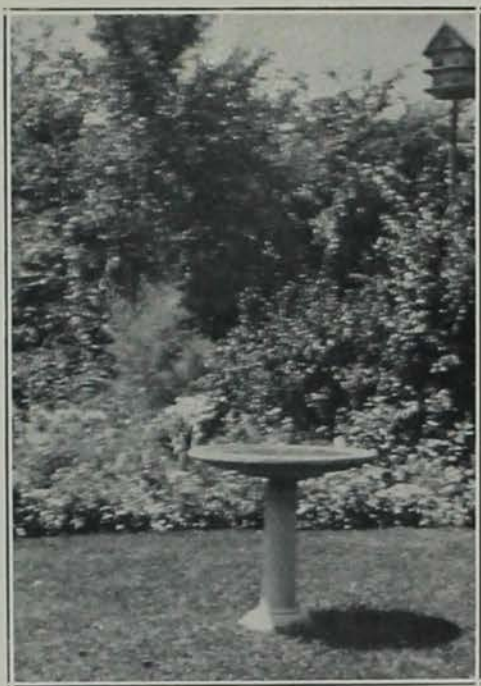
Winter dignity was translated into spring gaiety, light was introduced into the somber living-room and the center of interest was immediately shifted from fireplace to sun-porch, made gay with perky chintz covers on two or three shabby old chairs.

"There's always room for one more," when it comes to pillows. They offer good opportunity to bring in accents of color because, being removable and changeable, they may parade in rather vivid shades today, and the following year, be changed to other tones. For unity of effect, it would be well to have them all of the same material, if figured. A variety of harmonizing colors may be used if plain.

A coat of quick drying enamel paint and more of the smart new chintzes in plaids or stripes will make last year's porch furniture look like new. Or two or three pieces of the amusing new metal or wicker furniture may be acquired inexpensively, with a little care and thought in shopping.

With the addition of a grass or rag rug, a magazine stand or table, and a colorful, interesting vase for flowers, the porch is ready for a succession of cool, lazy hours and many charming lunches and suppers to be served throughout the summer.

Much might also be said of the back porch, which is frequently lacking or unused. If you do not want a porch, a small brick terrace will perform its function and add to, rather than detract from the attractiveness of the house. A charming spot is created for the woman who refuses to be confined to the drudgery of long mornings spent entirely indoors. It



A Place to Laze and Dream

may look out over the garden and be a pleasant place to serve breakfast at a small table, or to sit while preparing vegetables or to take one's leisure in the evening, away from the busy street in front.

HOMEMAKERS are learning to take their work out into the sunshine, which is always waiting to chase away the clouds of discontent and drudgery. "Prosaic tasks" is a term sometimes used by home management experts when speaking of dish-washing, cooking and dusting. When the practicability of combining the work of every day with pleasure is fully realized, there will be no more "prosaic tasks."

The woman who has a back porch may treat it in much the same way as the rejuvenated front one. Enclose it and make it part of the kitchen. Give herself light and space and, again, with the aid of gay enamel paint and prints, she can make her work room a delightful, if humble, avenue of expression of cheer, humor and good will. It will help her to achieve the synthesis in her life, between "hyacinths and biscuits," which Carl Sandburg says is achieved by poetry.

But the fun has only started. The seed catalogues are arriving, and orders should be placed early to receive immediate attention and insure having the material on hand as soon as the weather permits active gardening.

If your gardening instincts sleep under

(Continued on page 14)



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Edited by Clara Austin



4-H Club President Is Honored

Hats off again to the 4-H club president, Blanche Brobeil! Again Iowa 4-H club people are represented on the governor's staff.

At the annual Farm Bureau Federation banquet, Governor Turner appointed the state 4-H girls' club president as a member of his staff.

Blanche Brobeil has a long record of achievement, as she has been a club girl for six years, and during that time Blanche has won many honors. She first became a club president in 1925 and tells the following about her first year as a 4-Her:

"How well I remember the first time that I ever heard of 4-H club work! Mother had been to the first women's project meeting held in our county, and she came home very interested in a girls' organization in connection with the Farm Bureau. She told me of various girls whose mothers were at the meeting, and she said that all we needed was a leader. That was in June, 1925, and from that time to now, my greatest pleasure has been in 4-H club work. Although I was almost too young that first year to accomplish much in sewing, I gained the first inspiration that has kept me and will keep me a devoted supporter of the organization. I have worked hard during the last six years in the interests of club work, but I do not regret one hour of the time I have spent. I only wish that in the busy life of a college girl, I could find more time for actual 4-H work."

In 1930, Blanche won the Des Moines Register contest, and represented Iowa at the National Club Camp in Washington, D. C. Just before the Iowa delegation left for the national capital, the 4-H girls of Iowa elected Blanche as state president at the 1930 state convention.

Blanche says, "The great honor of acting as president of the state organization has made me realize the immensity of the work which 4-H leaders do for us, the great foresight they must have to plan our fine program, and the ability which

must be theirs to carry out such a program successfully. Sometimes I think back over my club days and wonder what

new activity can be ahead. It seems as if everything possible has been done; but on second thought I know that there are finer and better things ahead, for is that not the motto of our great organization, 'To make the best better?' So I am only too glad to offer the best of my abilities for the furtherance of the organization that has meant more to me than anyone, who does not know of 4-H, can ever realize."

Hear! Hear!

—Anyone who drops into Morrill Hall this month will find the members of the state club staff busily

working with stacks of papers, pictures and clippings. They are compiling the annual report, and this year it is especially interesting, because 1930 was the tenth birthday of Iowa 4-H clubs, and a comparison with 1920 is being made in every phase of club work.

The 1920 annual report is a very thin little book, but the 1930 report will have to be made into several volumes, because 4-H club work has grown by leaps and bounds, in Iowa, during the last ten years.

In 1920, one training school for leaders was held, and in 1930, 500 were held. Back in 1921, there was one county club committee, and now each county in the state has its committee. In 1920, there were 120 leaders in the state, and now there are 1,389 club leaders. At the end of 1920, 2,658 farm girls were enrolled in 4-H clubs, and in 1930, 13,482 girls were members of clubs.

In making a comparison of 1920 and 1930, it would be wrong to compare just figures. Figures themselves are meaningless, if they do not mean that 10,000 more girls are learning "to make the best better," or if 380 more leaders are not inspiring those girls to serve their communities better, and to "win without bragging and to lose without squal-

ing." Iowa 4-H club work has not grown only in numbers since 1920, but it has widened its field, raised its standards and strengthened its ideals.

Attend Conference at Kalamazoo

When the Student Section of the American Country Life Association held its preliminary conference at Kalamazoo, Mich., March 6, 7 and 8, Helen Melton, president of the Campus 4-H Club; Florence Thuirer, acting president of the club; Theo Norman and Clara Blank represented Iowa. Helen Melton is president of the Student Section of the association.

The preliminary conference was held to plan the national conference, which is to be held in Ithaca, N. Y., next August. The theme of the conference is to be "Rural Government."

It's Just a Bad Cold

Dr. R. E. Martin declares, "Out of 100 people, 42 have colds every year."

Research workers have been trying to find out how colds start and how to cure them. It is today generally known that people carry bacteria in their noses and throats all the time. These bacteria will start to multiply if they have the right conditions.

Symptoms of a cold include chilling and a dry throat. Climatic conditions, change of clothes, poorly balanced diets, lack of exercise, fatigue and constipation are conditions capable of producing colds.

The best ways to cure the cold is to go to bed and rest, drink plenty of water, drink orange juice, have plenty of fresh air and take sodium bicarbonate. Sodium bicarbonate is taken to neutralize the acidity found when a person is catching a cold.

Dietitians recommend eating a light diet when a person has a cold. On a light diet, one should omit meats and sweets, but have plenty of milk, cereals, vegetables, fresh fruits and orange juice.

Please Ma—Lemme Have a Dog

By Prudence Tomlinson

Do You Possess a Pet?

"MARY had a little lamb," but I was tagged to school by a big German Police dog. And maybe you have a decided preference for pussy cats, but we all have one thing in common; at some time or other we've had our own particular pets.

It's funny how we all have an innate desire to adopt some animal for our special property to keep and look after and love. Whether your own fondness is for a chummy dog with understanding eyes, or a cuddly kitten's comfortable purr, or a gay canary's cheerful song—deny that you like pets if you can!

All through history, the pets that men have loved and cared for have figured prominently with their masters, and many are the tales of devotion and heroism that are handed down to us. Famous men and women are always identified with their pets. There is Mrs. Coolidge and her White House collies, always a favorite figure for the cameras, and Queen Marie and her Russian wolfhounds. Publicity directors know that there is one appeal that is sure to reach the heart of every reader, and they've only to pose a movie actor as devoted master with his "adored" pet to popularize the star.

Of all pets, dogs, cats and horses are probably the most popular and most famous. Their loyalty, devotion and understanding make them particularly adaptable to man, and domestication seems to agree with them.

But did you ever stop to think that animals have their own particular personality types just like people? Years of careful and selective breeding have resulted in definite characteristic behavior patterns as well as significant physical traits.

It is well to consider this in selecting pets. Consider the type of animal you want, what you want him for, analyze yourself, and figure out just which particular breed you think will best suit your needs and adjust to your own personality, then go shopping.

The little Scotch or Wire-Haired Terrier, for instance, is an expansive little individual. He is the type that likes to be up and about, on the alert, and into everything that's going on. Together with this trait he is amicable, well adjusted, keen, and can be trained without difficulty. The collie and the shepherd, on the other hand, are more seclusive, and rarely project much of their personality without provocation. They are steady, dependable, balanced and devoted.

The bulldog is more pugnacious, the hound is a sporting dog, and the little Pomeranian or Chow disdainful, aristocratic and arrogant. Some dogs are more prone to give vent to their "feelings" than others. Some can stand one sort of life, others another. So there is much to choose from.

All pets by no means need be cats, dogs or horses. People show deep affection for the most unusual types of animals. And strange pets they may be!



Gid'dap Annabel

Why, even our own psychology professor was telling us the other day about the snakes that used to live more or less in and out of his pockets when he was a boy! And you should have seen the wistful look on his face as told of Jim and Jack of childhood associations. Snakes are more popular pets than some of us would like to believe. And one of the professors in the Zoology Department is famous for his particular attachment to the big bull snake and king snake that reside in his laboratory.

"Pets" always had the conventional connotation in my mind, until I found myself a nature councillor in a girls' summer camp and saw the queer little things some of the girls took a fancy to. The very first day a little eleven-year-old came to me with a shiny look of wonder and ecstasy in her eyes, and a smile a yard long across her face, telling me she had a thrilling surprise for me. I beamed with a professional interest, and stretched out my hand to receive the offering, and an antiquated, warty, little old brown toad made a dash up my sleeve! In time I got so I could stifle that first expression of repugnance which I invariably felt—for toads are such jumpy creatures! Once it was a huge, green, fuzzy caterpillar which turned into a beautiful luna moth. Once it was a new

litter of baby mice, tiny and pink, their eyes not yet opened. Sometimes it was a baby bird with a broken wing, or a big, black bug, or a little sand lizard, that they brought into our nature museum. The object itself didn't matter much, it was something to observe and care for and cherish.

Pets are one of the most popular features of the summer camp. Dr. Harold Vinal, naturalist and educator, has stated that pets are a necessary part of the camp equipment, and the observation and care of pets may be of untold value in the child's development.

Girls of Camp Hantosa all love Molly, their little gray burrow. Small, sure-footed and amiable, she is an ideal animal for riding; and with her basket packs she goes on every hike over the hills and the most precarious cliff paths.

ONE morning an unexpected visitor arrived in camp. On investigating a can of garbage that had been mysteriously overturned in the night, the girls found a "dead animal" of grayish fur. The "animal!" proved to be an opossum, not dead at all, of course, but only having fun with the girls. They nearly went wild in their excitement at seeing the original demonstration of "playing possum." In short order we had a fairly good-sized cage constructed, and "Uncle Joe," as he was immediately christened, was introduced to his new home. We kept him for several days, and after the girls had all got acquainted with him and "knew" an opossum, we let him go. They don't adjust well to captivity.

Rabbits endear themselves to young children more, perhaps, than any other animal. They make splendid pets for younger children, and if well cared for, are very satisfactory.

Perhaps most children feel like our instructor's nephew. In spite of his aunt's desire to get the boy a goat, his parents couldn't quite agree to the idea. His mother brought forth an alternative—gold fish. To this suggestion, the small boy disdainfully replied, "Gold fish! Who wants them? You can't hold a gold fish."

At any rate, he was expressing the desire of the little girl who went up to her mother's coat, stroked the big fox collar lovingly, and said, "Oh, mother! Isn't this nice alligator fur?"

Care is important with any animal. And animals have their behavior problems as well as physical disorders, and

(Continued on page 14)

Here Are Our Year's Plans . . .

DO you know what your Home Economics Association is doing and planning to do this year? Following are plans as submitted to the Executive Council at the meeting held in Iowa City, February 14, by Miss Frances Zuill, chairman of the Program of Work Committee.

The first duty of this committee, which is listed in the directions from the president, reads as follows: "The Program of Work Committee has for its principal duty the formation of definite goals to ward which the Association should strive. This program should fit into the program of work of the American Home Economics Association, and it should be of such a nature that it can be accomplished either through group, committee or individual work." The chairman has considered the problems of membership and publicity and the educational interests of the members of the Association in determining the program of work for the Iowa Home Economics Association for 1930-31. The complaint heard most often when approaching home economics workers for membership in the state association, that the Association does nothing for the individual members of the Association have been considered. The chairman proposes the following possible means of making these contacts with individual members.

FIRST—Closer contact between the State Association and the home economics sections of the divisional teachers' meetings. These contacts could be made by providing the divisional chairmen with suggested programs for their meetings and by providing a list of possible talent to carry out such a program. Some of the chairmen have felt a need for help not only in securing speakers outside of their own divisions, but for help in setting up the program so that the newer phases of home economics work that are discussed at the American Home Economics Association can be carried to the local groups. A canvass of the faculties of the state institutions and other colleges, as well as of the supervisors and outstanding public school teachers themselves, could be made in order to ascertain how many would be willing to give their service gratis and pay their own expenses to contribute to the various divisional meetings. A second list could be provided of those who were willing to give their services, but who could not pay their own expenses. These lists could then be provided for each divisional chairman and her program committee.

Second—It is recommended that the State Association provide a traveling exhibit of text books, reference books,

Iowa State Home Economics Association

Association Officers: Lulu E. Smith, University of Iowa, Iowa City, President; Mrs. Josephine Arnquist Bakke, Extension Service, Iowa State College, Ames, Vice-President; Mrs. James Dwyer, Roosevelt High School, Cedar Rapids, Treasurer; Mable Giddings, University of Iowa, Councilor; Ellen Pennell, Meredith Publications, Des Moines, Publicity; Lulu Tregoning, Extension Service, Iowa State College, Ames, Membership; Frances Zuill, University of Iowa, Iowa City, Legislation and Program of Work; Mary Farris, Supervisor of Vocational Homemaking, Des Moines, Program Chairman; Grace Powers Hudson, Iowa State College, Ames, Student Clubs; Elizabeth A. Stewart, Simpson College, Indianola, Nominating; Marcia Turner, Iowa State College, Ames, News Gatherer.

Edited by HAZEL McKIBBEN

courses of study and bulletins, which could be sent to each of the divisional meetings for the use of the home economics section. It is also recommended that this traveling exhibit be sent to any home economics department that requested it. A large part of such an exhibit would be contributed free of charge by publishers, extension divisions and state departments of education. The actual expense of collecting such an exhibit from place to place is a matter for the consideration of the Executive Committee.

Third—It is recommended that a committee be appointed to prepare a bibliography of recent publications of interest to public school teachers in the state of Iowa. A bibliography which contained book lists, lists of bulletins, lists of courses of study and lists of illustrative

material, with brief statements about each one, would be of value to the individual teachers in the state. Such lists should be sent to all of the teachers of the state to indicate the type of help that the Association is willing to give to its members.

Fourth—It is further recommended that the Executive Committee consider the publication of a news letter which would go not only to the members of the Association, but to those who are being solicited for membership. The Association page reaches only those who subscribe for the IOWA HOMEMAKER, which does not include all of the paid members of the Association. The news letter should call attention to the significant work of the national Association in such things as the White House Conference on Child Health and Protection, the coming conference on Housing and Home Ownership, the new department in the Home Economics Journal in providing material for public school teachers, and such types of news items as would interest home economics workers in membership in state and national associations.

Fifth—To give publicity to such a county organization of home economics workers as exists in Fayette County on our state association page, in the news letter, in the news items for Iowa that go to the national association, etc. The State Association should establish contacts with such a county organization and provide suggested programs and talent, if the groups wish it.

Sixth—Membership should be promoted among all persons interested in home economics work.

Seventh—The members of the State Association should be interested in such legislative measures as are promoted by

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Let June Arrangements Include a Trip to Detroit . . .

HAVE you attended an American Home Economics Association meeting? Then, of course, you want to go again this June. Have you never gone? Then by all means plan your vacation so that a part of it will be spent in Detroit the last of June. A brief advance notice as published in the January, 1931, Bulletin of the Association is given below:

General plans for the twenty-fourth annual meeting of the American Home Economics Association, to be held in Detroit, Mich., June 22-27, 1931, are well advanced. Miss Julia P. Grant, supervisor of home economics in the Detroit city schools, is chairman of local arrange-

ments, and Miss Marie Dye, president of the Michigan Home Economics Association, is local consultant on the program.

The general theme for the meeting will be the role of the home in individual and family development, although the exact phrasing of this has not been decided. Such a theme seems fitting because of interests brought into prominence by the White House Conference on Child Health and Protection and the coming President's Conference on Home Building and Home Ownership.

The regular scheduled sessions of the meeting occupy four days, opening with

a session of the Council Tuesday afternoon and closing with another Friday afternoon. The regular business meeting of the Association, in which all members are entitled to take part, is on Thursday morning, when, in addition to the consideration of regular Association business, it is anticipated that the director of the President's Conference on Home Building and Home Ownership, or his representative, will discuss informally the relation of the conference to home economics. The general sessions to which the public is invited are on Tuesday and Thursday evenings, when prominent speakers will discuss important phases of the central theme. Subject matter divisions will meet Tuesday and Thursday afternoons, and professional department sessions will be held Wednesday and Friday afternoons.

Professional and sight-seeing trips are planned for Monday and Saturday. Numerous luncheons and dinners are scheduled for special groups. Wednesday afternoon and evening are being reserved for recreation, for which the local committee is responsible. The committee will also provide the entertainment for the annual banquet Friday evening, when members will have an opportunity to forget the strenuousness of their professional life and to recover from their learned discussions.

Let's Have Waffles!

Do you want to give a waffle party? Of course, if you can use either of the two new waffle irons on the market. If you were giving a big party, perhaps you would like the iron that makes two waffles at the same time. All you need do is lift up the center section, which has grids on both sides of it, pour batter onto the bottom grid, shut down the middle section, pour more batter onto the top of the middle section, and shut down the top lid.

Or if you live in a crowded apartment, perhaps you may like the iron which hides its batter and ladle underneath the grids. Can you imagine! You need never worry about having the batter overflow, for the ladle is designed to hold just exactly enough batter to make one complete waffle. To prevent mistakes in baking waffles, there is an indicator that tells when the grids are hot enough to pour on the batter. With such helps as these, wouldn't it be easy to give a waffle party?

Come and Take a Look

Iowa State Prepares for Veishea

"CAN she make a cherry pie, Billy boy, Billy Boy?"

Yes, she can, if she is a student at Iowa State College. And that is by no means all that she can do. She can make your toast without burning it, and she can serve a Christmas dinner. She can design her clothes as well as make them, and she can plan and furnish a home that suits her personality.

Just what should be done in this home, whether it be a bungalow off Main street, an apartment in the hills of Berkeley, or a town house on Park avenue, has been her study. The foods which will appeal to her husband and her children, and at the same time give them a well-balanced diet, are the ones served to them. And whether she cooks and serves them herself in a flat, or has it done by a skilled cook and a deft footman, she is always the charming mistress of her home.

She has studied child care and psychology, and has had actual experience in taking care of little tots in the nursery school. When that part of her work is done, she can turn to the interesting and creative work of the crafts, and make batiks, and tied and dyed designs. Wood carving is "different," and book plates and Christmas cards made from her own designs are especially interesting to her friends. But perhaps the most fascinating things of all that she makes, are the rings and pins and other pieces of jew-

not the time nor opportunity to come to Iowa State. Therefore all that she learns, all that she can do or make, is exhibited at the Home Economics open house during Veishea at Iowa State College.

Veishea is the annual exposition of Iowa State, when every division and department holds an open house, and invites you to come and see what the college is doing to prepare its more than four thousand students to find life interesting and worthwhile. The students have worked hard all year, and now, on May 7, 8 and 9, they will take a holiday, and in a festive mood take stock of all they have accomplished during the past year. They would like to have you, their families and friends, see their work, too.

For a great many years it was the custom for each division on the campus to make its own holiday, and hold its own exhibition, but it proved unsatisfactory to have five different open houses at five different times; and the May Fete of the Home Economics Division seemed scarcely important enough alone to feature the announcement of the May Queen, the highest honor which can come to a woman on the Iowa State campus. The result of this condition, was the decision to unite the five expositions, give the occasion a name which would signify the all-campus character of the affair, and make it the best time in the year for the people of Iowa to visit their college. The

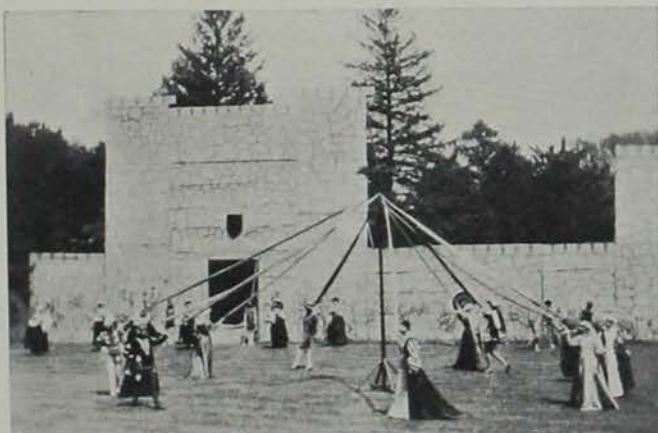
idea grew, and now Veishea is an established tradition on this campus.

Both school affairs and more or less outside activities are included in the program, in accord with efforts of the college to coordinate the academic work with the activities of the world in general.

The moving-up ceremony, in which each advancing class takes over the insignia of its predecessors, the May Fete, with the announcement of the identity of the May Queen, and the pledging to Mortar Board and Cardinal Key, senior honoraries, the Night Show, and the athletic events which

occur every day, are the more important of the strictly campus affairs. The meetings and contests of the boys who are here under the Smith-Hughes act, the

(Continued on page 15)



Iowa State at Play

elry that she designs and executes herself.

This girl from Iowa State is not selfish; she wants to share the interesting things she learns with others who have

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Carmen Hensel

'twenty-three

Veronica Morrissey, who has been employed by the Childs Restaurant in Pittsburgh, Pa., has accepted a new position with McCann's Market, as assistant manager in its new restaurant. These restaurants are different from the old hotel type, where the cooking is done in large quantities. Instead, an attempt is being made to duplicate home cooking. It is the policy of this company to employ home economics trained women.

'twenty-seven

Mildred G. Trammel has recently accepted a new position as assistant manager of the Lincoln University Club, at Lincoln, Neb. She began work March 9.

'twenty-nine

Merna Gray Delahooke visited on the campus recently. She had with her a nine-months-old daughter, Janice Marie. Doris Gray Nystrom, a former student, has a son, Robert Bruce, born on February 15, the second birthday anniversary of her daughter Christine. Mrs. Nystrom is planning on returning next winter quarter to resume her work here.

Norma Ouwerson has a position as dietitian in the Santa Fe Hospital at Los Angeles, Calif.

Ruth M. Scott, M. S., is completing her second year as an instructor of clothing, and other courses in home economics, at the State Teachers' College, Indiana, Pa. They have six teachers in the department. They moved into a new building this semester, which provides ample space and good equipment for the work.

'thirty

Ruth E. Sperry is completing her dietetics training at the Scripps Metabolic Clinic at La Jolla, Calif. The clinic is affiliated with the California Lutheran Hospital of Los Angeles. All students are required to spend one month in training at La Jolla.

Dolores Cuthbert is taking her student dietetics training at Buffalo City Hospital, Buffalo, N. Y. She began her work there October 1. The hospital is a city hospital, and there are about 1,000 patients. The students spend three months in the main kitchen, where they do large

quantity cooking and supervise the cooks in making out the daily orders. Three weeks are spent in the cafeteria, and the remaining time is spent in the new diet kitchens, where all the special diets are planned and prepared. Miss Cuthbert has attended some meetings of the Iowa State alumni association. There are about 35 members in Buffalo.

Edith Graham has completed her dietetics training at the Michigan University Hospital, and is now doing research work at the Dental College of the university under Dr. Martha Koehne.

Irma Farquhar Kellogg, who was married in July, 1930, is living in Flint, Mich., where her husband is manager of a dairy industry plant.

The Thwarting of the Moth

By Margaret McDonough

"SOME little bug is going to find you some day," hums Mr. Pessimist, dolefully, as he watches the careless housekeeper store away her blankets and woolens for the summer.

The experienced housekeeper, if she can possibly manage it, has a special closet in which to store her winter things. A cedar-lined closet is splendid, but few people are fortunate enough to have one. Since Grandmother's day, the attic as a storage place has lost its popularity. Even cedar chests have changed their name and nature. Once used for storage, they are now called "hope" chests. But perhaps one stores hopes first, and garments afterward. In any case, manufacturers, both yesterday and today, have been so careful in choosing the red cedar lumber, and in constructing the chests, that one may be sure one's woolens, at least, are safe.

Moths are gloomy creatures who shun sunlight, so garments should be hung on the line some sunny day, and carefully brushed and aired before they are packed away. Tobacco, camphor, naphthalene balls and cedar chips are used less frequently than formerly. Gases, and some crystalline substances such as carbon tetrachloride and para dichlorobenzene, are becoming more popular as moth-preventives. But the very latest thing is a chemical treatment applied to woolens, or other materials, to prevent moths from

Ready Now! Smile!

How many of us have almost suffered nervous prostration by being surprised or even coaxed into letting someone take a flashlight picture of us? If we have, we can all say, "Hurray," for the electric light lamp manufacturers who have just crashed forth with a new lamp bulb, the "photo flash lamp," which is as easily manipulated as the light in a portable lamp, and which will take simply elegant pictures instantaneously, and without noise or smoke. To use the photo-flash lamp, pose the subject. Then, with the camera at a distance of ten to fifteen feet, open the camera lens, flash the lamp by pressing the switch on the hand lamp, and close the lens again. That's all there is to it. You may even take pictures out-of-doors with the battery hand lamp, for neither wind or rain affect the lamp.

Now you don't need to sit around and think how much you'd like a picture of grandma telling the angel-faces a bedtime story. Get a photo flash lamp, and with a press on the switch and a flash you'll have the picture all taken!

attacking them. Care must be taken, in order that the color and texture of the article is not harmed. Such treatment is best applied by dry cleaners or firms especially equipped.

Heavy paper bags, smelling to high heaven of cedar or some other moth-preventive, have been used extensively, but this year oil cloth containers are going to be the pride and joy of every homemaker. These bags are easily made, inexpensive, dustproof and moth-discouraging. Though the containers may be sewed shut, patent fasteners are quite the latest thing in convenience. Just as sure as you sew the thing up, you'll want to show Aunt Jane or Mary the coat you bought at that wonderful bargain sale.

All sizes and shapes of bags, boxes and containers may be manufactured with a little ingenuity, lots of paste and patience, and skill of a sort. There is a flat case for folded blankets, an oblong one for fur neckpieces, and a circular one for the varied assortment of smaller woolens, such as caps, sweaters, scarfs and mittens.

Much space will be saved and grief avoided, if things are put away neatly this spring. Labels indicating the kind and number of each article in the case, would prevent the frantic hunt for scarf, hat or blanket to take on the camping trip or wienie roast some cool evening next fall.

THE IOWA HOMEMAKER

A Magazine for Homemakers from a Homemaker's School

VOL. XI APRIL, 1931 NO. 1

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This Is Our First

A MOMENTOUS occasion, the first editorial. What to write about—what are women talking and thinking about?

Riding on busses, we listened, "Oh, Madge, I saw the dearest little green crepe dress—"

At luncheon and dinner, "I got some silver slippers that are perfectly—" "My dear, I wish you could see her in that new grey—"

Co-eds gathered here, there and everywhere, "My new suit is a bright blue—" "I'm crazy about reptile shoes with my—"

We came to the conclusion that women hereabouts were interested in clothes.

Well, even Eve probably had a hard time deciding whether palm leaves or oak leaves suited her type better.

We know you are interested in hundreds of other things, but it is near Easter time, and what woman doesn't think simultaneously of hats and Easter?

We hope you find one that suits you on all four sides (hats do have four sides, don't they, and did you ever find one that did you justice on all four?) and that you aren't so tired out from shopping that you can't wear it Easter morning.

Now that that is over, let us tell you about our new suit—

Egged On

"WRITE an editorial on eggs," commanded a member of the Agriculturist staff, sternly. So eggs it had to be.

Well, to begin with, there are Easter eggs, setting eggs, bad eggs and, of course, the price of eggs. Of all these Easter eggs are our favorite.

"Seriously, now," said the above-mentioned staff member, glaring over our shoulder, "consider the poor farmer. Write about using more eggs."

Ah, yes, more eggs. What does one think about when one thinks of eggs? Angel food cakes, of course. The point is this. Now is the time to let Susie learn to make this delicacy. If eggs had been cheap when we were 12, and we had been given a free hand with them, we would have grown up without one single psychological repression or inhibition, or whatever one gets from being held back from making angel food cakes. But, after one entire Saturday spent making chocolate eclairs which even the dog was too proud to eat, whenever we wistfully mentioned angel food cakes, our mother, with a harried, frightened look in her eyes, hastily motivated us toward rearranging the living room, or a picnic, or mowing the lawn. Evidently the memory of the condition of the kitchen and the eclairs still lingered.

But here we are back at the point again. If every 12-year-old were to make an angel food cake, the surplus of eggs would soon be used up, the price of eggs would go up, the farmers would get rich and buy our wares, we would get rich (and have the cake to eat, too).

Here's for bigger and better angel food cakes!

Oh, for a Blanket Tax!

IF this business depression keeps on, and I don't get a job when I graduate, I will have wasted four years and a lot of money," a co-ed remarked the other day.

A common enough viewpoint, but a strange one. Could any four years be wasted that included lectures by Lorado Taft, Ruth Bryan Owen, Arthur Guiterman, Dr. Max Fishbein and Count Von Luckner, and concerts by Galli-Curci, Fritz Kreisler, Madame Schumann-Heink or even Paul Whiteman?

All of which brings us to this point: "Are we taking advantage of these good things that the college brings to us, or are we going to remember, regretfully, that we had a chance to see and hear all these things, but thought ourselves too busy?"

It is dismaying to note the small percentage of students in the audiences at these thrilling lectures and concerts. The reasons for their non-attendance is a matter of speculation. Are they too busy, uninterested, too poor, or what?

The fact probably is that students, while interested, regretfully let these things slip by because they feel that their allowances will not stretch far enough to cover everything they wish to attend.

The blanket tax now under consideration, explained in the last issue of the HOMEMAKER, would solve the problem of finances, for the student.

More cultural opportunities for students and more highly developed school spirit are two immediate benefits claimed for the plan. We anticipate a favorable report from the committee in charge, and its subsequent approval by the State Board of Education.

A Housewife's Pride—Her Linen

By Helen Penrose

WHERE is the housewife who is not proud of her linen supply, be it large or small, old or new? It is hard to draw up a complete list of linen for the well-run home since the size of the family, its scale of living, the amount of entertaining done, laundry conveniences and personal preference influence set rules too much. It is important,

then, to place the emphasis upon the choosing of our linen that we may have well equipped and charmingly appointed tables with the least trouble and the least expense no matter what the size of our linen closet be.

In purchasing linens for the table, the buyer should choose quality in accordance with the purpose for which the cloth

will be used. For everyday use, coarse linens have become quite popular, but for entertaining, fine damask is considered the correct table covering, and may be bought by the yard or in complete units with the border on all four sides. The latter range in length from about one and one half square yards to two by four yards. Damask by the yard is sold in purchasing lengths for long tables. Tablecloths should be long enough to drape gracefully over the table and nearly touch the floor at the corners.

Sets in which the matching napkins are in a number ratio to the size of the tablecloth are very new. Thus if the tablecloth will accommodate eight, then eight napkins will be included in the set. However, since napkins receive constant laundering and hard usage, it is wise to include an extra dozen in your purchase. These may be used with other patterns in tablecloths, since it is not necessary for the patterns to match each other to be correct.

Quality and finish determine the life of the purchase. Good linen has considerable weight and should feel smooth, leathery and heavy, but the weight should not be due to sizing or dressing. If it is stiff and creases easily between the fingers it may contain dressing. This covers up the fuzz and irregularities in cheap linen which are noticeable after laundering.

THE old method of testing linen by moistening the finger and putting it under the material to see if it absorbs the moisture quickly is not always reliable. A better test is to put a drop of olive oil or glycerine on a sample of the material and press between two blotting papers. Linen becomes much more transparent than cotton.

The designs or patterns in damasks which one should choose depend upon the type or general character of the dining room, and upon the table accessories to be used. If the dining room is small, it is better to keep the patterns fairly small also. If the dishes are very ornamental, then the linen should be kept plain or small in design. On the other hand, if the china and silver are plain it may add interest to the setting if a figured tablecloth is used.

Damasks are now sold in white, off white, and a range of rainbow hues which are considered correct for even the most formal type of dinner. Pastel tints have aroused much interest and are usually fadeless, having been dyed in the yarn before weaving.

The hems on damask table cloths and napkins should be narrow, and hand-

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sewn with an overhand stitch so that the hems will be neat and the cloth will launder well. Where a monogram is used on the tablecloth, it should be placed at one end so that it will hang over the edge of the table opposite the entrance to the dining room. Monograms on napkins may be placed in the center, in the corner or on the side, according to personal preference.

LINENS are very lasting and may be passed from generation to generation if the best of care is taken in keeping them in good condition. Linen should be laundered at home so that every precaution may be taken to keep it as lovely as when new. Plenty of sunlight in drying keeps white pieces from becoming yellowed or streaked.

By ironing and folding the linen immediately after laundering it may be conveniently stored and ready for future use. A high luster which is so desirable in table linen may be obtained by ironing from selva to selva, first on the right side, then on the wrong. Tablecloths should present as smooth and uncreased surface as possible so the fewer folds in the linen, the better.

An attractive appearance may be obtained.
(Continued on page 15)

Give a Hen a Chance

NO longer should one take a handful of corn on Saturday afternoon, walk out into the chicken yard and grab off the first fat hen that unwittingly takes the proffered food. This old fashioned method of killing our Sunday hen is now passé, according to Miss Belle Lowe, associate professor of foods and nutrition.

Instead, one now arises early and has a frisky game of tag with the Sunday hen before killing her! Few people realize that if a chicken is more or less tough at the Sunday dinner table it is because of a too gentle method of killing it. By giving the hen a healthy run around the chicken yard, the connective tissues are softened by the formation of lactic acid in the muscles of the fowl. The principle is similar to adding tomato juice, an acid, to improve the tenderness of swiss steak.

After one has "played" with the chicken for the proper length of time, he doesn't nonchalantly pick it up and wring its neck. No, indeed! Nowadays we must "debrain" our chickens! In the debraining process a certain nerve is stabbed, which causes the feathers to loosen, thereby enabling us to "dry-pick" our chickens, thus doing away with the old process of scalding and picking.

Following this procedure the chicken should be placed on ice until Sunday morning, when it can be drawn and cooked.

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Lemme Have a Dog

(Continued from page 7)

need careful, scientific training and correction if they are to afford any pleasure to their masters. It's only a matter of spelling to make "pets" into "pests," and, as in all things, good judgment is the criterion for action.

Our This Year's Plans

(Continued from page 8)

the American Home Economics Association. At present, the American Home Economics Association is asking the state legislative chairmen to inform our representative in Congress that we are advocating the passage of the Jones bill for the promotion of the health and welfare of mothers and infants. This bill passed the Senate on January 10, 1931.

Eighth—As much effective publicity as possible should be secured through the Publicity Committee, through the Association page, daily papers, parent-teacher groups, radio talks. Publicity for the meeting of the American Home Economics Association, which is to be held the last week of June in Detroit, as well as publicity for the state meeting, should be promoted through the Publicity Committee.

Golden Summer Hours

(Continued from page 5)

a snow bank with the bulbs you planted last fall, now is the time to shake them awake. Soon frozen patches of lawn will thaw into welcome green, and gunny-sack cowls will be stripped from rose bushes. Soon red and yellow sparks of tulips will burst into flame under a May sun.

There is now a decided tendency toward enclosing the garden in trellises and screens of bushes and hedges. With privacy thus insured, the porch furniture, covered with some of the attractive new water and sun-proof materials, may be moved en masse to the garden and a delightful outdoor living room established.

A hedge of Japanese Barberry and a rock garden or a small pool will add much to the interest, beauty and utility of the home gardening project this year. Next to the flowers themselves, water is the element which contributes most to the enjoyment of the garden. Fortunately for the small home owner, a garden pool need not be an elaborate or expensive thing. A pool of small size can be constructed for as little as \$25.00, and most of the labor can be done by the owner of the garden.

A life without love in it is like a heap of ashes upon a deserted hearth—with the fire dead, the laughter stilled, and the light extinguished.

Come and Take a Look

(Continued from page 9)

future farmers of America, and the 4-H club meetings and contests, are the chief outside activities however, for they are sponsored as a part of the extension work of the college, and in that way have a very definite contact with the work which is being carried on here.

There is a festive spirit of a brief vacation in the air, but the background of it all is serious, as serious as all the work which has been done during the year. There is no time when all this work can be seen to better advantage, and no time when the Iowa State campus is as lovely as it is during this second week in May, when all the leaves are a fresh, new green, and everyone is anxious to welcome visitors and show them why Iowa State is such a wonderful place. The whole campus invites you to look at everything, and then, when you have seen the engineering shops, and have looked at the architects' drawings, have been given golf tees you watched them make in the Chemistry Building, and have tasted the fancy ice creams of the Dairy Industry Department, be very sure to stop at the Home Economics open house, and eat one of the cherry pies made by the Omicron Nu girls, members of the senior women's honorary society. Then you have seen Veishea at Iowa State College.

The Housewife's Pride

(Continued from page 13)

tained by folding the cloth in half right side out, and ironing this center crease. Then the cloth may be opened and each selvage brought to the center crease on the wrong side and each crease at the sides ironed, making three longitudinal creases on the right side of the cloth.

Another method of folding is the fan fold in which the center crease is made as stated before, then the selvages are separated and brought to the center of the right side and the creases at the sides ironed in forming a fan fold.

After creases are pressed in, the cloth is lightly layed or pressed in folds for storing. Many housewives, however, prefer to roll tablecloths on heavy paper tubes instead of folding them.

Table napkins should be folded so that they may be opened and placed in correct position with as little notice as possible. Large size napkins are usually folded in thirds, first lengthwise then crosswise so that the result is a square.

Napkins which are from 22 to 27 inches in size may be folded in the conventional way, or if the square is too large to place on the table, it may be made into a shield shape or a six-sided figure by turning back two opposite corners.

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Lorado Taft Speaks . . .

(Continued from page 2)

Mrs. Charlotte Perkins Gilman writes of the possibilities of moving pictures in the instruction of children in astronomy, geology, zoology and the development of man; but the appreciation of beauty in nature and art was strangely omitted.

"In every community there appears from time to time an unusual talent; every school reveals an occasional child with an enthusiastic 'vocation,' " Mr. Taft said, "but as a rule these talents, which might be capitalized for the common good, are carelessly wasted.

"There is inspiration in the thought that in learning to enjoy good art, we are actually making ourselves better citizens and contributing to the welfare and advancement of the land we love," concluded Mr. Taft.

Dame Fashions Forecasts

(Continued from page 4)

and semi-fitted with a scarcely noticeable flare at the hemline. Belted models continue their popularity with slender girls and women. Navy blue and black lead in colors for coats; however, beige and gray are shown in the shops, too, and are gaining favor. Undoubtedly, white will be featured later in the season.

Hats are in a variety of types, with new shapes in brims and crowns. The brim which extends away from the face, halo types and detachable wide brims, and a variety of odd shaped turban affairs are featured. It will not be hard for any person to find the hat which suits her type, since so many different styles are being shown.

In a Milan Church

(Continued from page 1)

of his use of oil instead of fresco on the plastered wall. The quality of the original can best be judged by contemporary copies, one in Milan, near the original; another in the Royal Academy in London; and a third, an engraving by Raphael Morghesi.

A few facts about the artist may be of interest. Leonardo, born in the village of Vinci, Italy, near Florence, lived and worked at the time of the discovery of America. His work in art represents only one phase of his activity. He was not only a sculptor and painter, but made scientific studies in geometry, physics, chemistry and the laws of perspective. He is said to have made an airplane that he believed would fly.

Leonardo da Vinci's paintings are few, yet his "Last Supper" and "Mona Lisa" rank among the greatest of all times.

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